

Linda Vista Recreation Center

7064 Levant Street, San Diego CA 92111 (858) 573-1392

www.sandiego.gov

Spring 2016

March 1, 2016 - May 31, 2016



GENERAL INFORMATION

HOURS OF OPERATION

Sunday	9:00 am to 3:00 pm
Monday	11:30 am to 9:30 pm
Tuesday	11:30 am to 8:30 pm
Wednesday	11:30 am to 8:30 pm
Thursday	11:30 am to 8:30 pm
Friday	11:30 am to 8:30 pm
Saturday	9:00 am to 5:00 pm
*Closed on all City of San Diego Holidays March 31st - Cesar Chavez Day May 30th - Memorial Day	

STAFF

Steve Palle	District Manager
Mark Moncey	Area Manager II
Ira L. Patron	Recreation Center Director III
Alysandra Perez	Assistant Center Director
Earl Bryers	Grounds Maintenance Worker II
David Salenius	Grounds Maintenance Worker II
Brandon Scales	Grounds Maintenance Worker II
Maria Villarino	Grounds Maintenance Worker II
Kristopher J. LeCesne	Recreation Leader II
Demetria Anderson	Recreation Leader I
Jai'Vaughn Black	Recreation Leader I
Byron Blue	Recreation Leader I
Maria Carriedo	Recreation Leader I
Vanessa Denogean	Recreation Leader I

Welcome

The staff at Linda Vista Recreation Center would like to welcome you and your family to our facility. This is an active and community involved center that wants to give you the best recreational activities possible. If you have any comments or suggestions for new programs, feel free to call or stop by the recreation center and talk to one of the friendly staff.

Linda Vista Recreation Council

This group of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, equipment and improvements. They plan, promote, and help provide recreation opportunities for citizens in the Linda Vista Community. Groups, clubs, and leagues using the park are encouraged to send a representative to the meetings. Meetings are open to the public. New membership is encouraged and welcomed. The Linda Vista Recreation Council meets on the second Tuesday of each month at 5:00 pm at the Linda Vista Recreation Center. Persons interested in making a positive impact or who have concerns about local parks and the recreation center should attend the meetings.

Rules & Regulations

- Alcohol is prohibited at all Linda Vista Community Parks.
- Bottles and glass containers are prohibited.
- All vehicles must park in marked stalls. Vehicles are not allowed on the turf, sidewalks, or non-designated thoroughfare.
- It is illegal to use our dumpsters for your household refuse.

Refund Policy

- No refunds will be given after the second meeting.
- If an activity is cancelled for any reason, you will be notified and will receive a full refund.
- Refund checks will be issued and mailed to address on the family account.
- A \$5.00 service fee will be charged for all refund requests.
- A minimum \$25.00 service fee will be charged for all returned checks.

GENERAL INFORMATION

Dog Etiquette

- Always pick up after your pet.
- Keep your dog(s) on their leash and leash in hand at all times.
- Be sure that your dog is wearing a current license from the County Department of Animal Services.
- The closest Leash-Free Dog Park is located at Kearny Mesa Community Park.

Therapeutic Recreation Services

The City of San Diego Park & Recreation Therapeutic Recreation Services (TRS) program provides sports, recreation, leisure and outreach services to San Diegans with physical, mental and emotional disabilities. Services include therapeutic recreation programs and adaptive sports opportunities, which address the special needs of individuals with disabilities. A limited amount of Inclusion Aides are available to facilitate the inclusion of individuals with disabilities into programs at their neighborhood recreation center. Please call TRS at least three weeks before the program start date to schedule assistance. For more information, call (619) 525-8247.

Donations

By donating to our park system, you can help the Park and Recreation Department enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities, and income levels through recreation, natural open spaces parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your park, pool, or recreation program, please call Ira Patron, Recreation Center Director III, at (858) 573-1343.

Volunteers

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with Senior Citizen Services and Therapeutic Recreation Services. If you would like to volunteer or see what kinds of volunteer opportunities are out there, please call the Volunteer Office at (619) 533-4017 or visit <http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/>.

Recycling

- A recycling bin is located in the main parking lot.
- You can deposit metal, aluminum, plastic bottles, newspaper, magazines, and cardboard.
- It is illegal to remove recycles from recycling bin.



Independent Contractors and Renters

This recreation center provides programs through Independent Contractor Agreements and through Field and Facility Permits. Please note the difference below. We encourage you to ask questions and be informed regarding any provider of service to your child.

Requirements for Independent Contractor

- All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live Scan Process.
- Contractors must submit a business license, proof of insurance, and worker compensation insurance for employees.
- City staff handles all registration for the program.

Independent Contractors are identified with a triple asterisk (***) in this program.

Requirements for Permit Holders

- Must provide proof of insurance.
- Must provide own advertisement for program.
- Registration handled by the permit holder.
- Permit Holders are NOT required to submit proof of fingerprint clearance for their coaches or instructors.

Permit holders are identified with a double asterisk (**). §

§The City of San Diego neither sponsors nor endorses this information, activities, or organization. Distribution of this material is provided by the City as a community service. Any questions or comments should be directed to the sponsoring agency or instructor.



**Just a Reminder, Public Defibrillators
are located at all Recreation Centers
in the City of San Diego.**

CERAMIC CREATIONS!

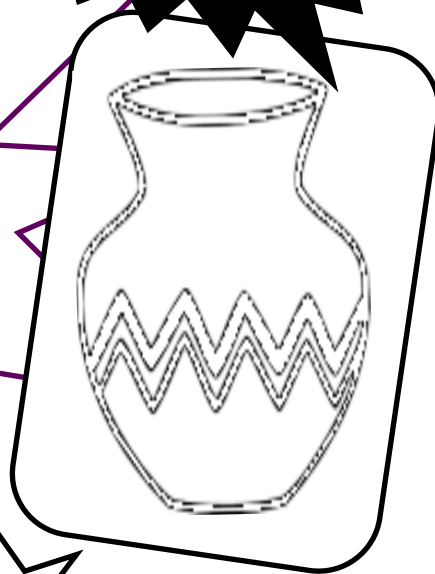
NEW!

We are currently looking for participants interested in ceramic making! This hands on class will help you bring out your creative voice through clay!

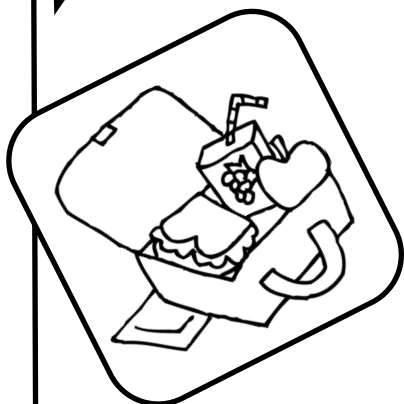
This is an interest list. Once we have enough people interested, staff will contact participants.

INFO:

Time: 4:30 pm - 6:00 pm
Ages: 8 to 18 years old
Cost: \$8.00
Location: Auditorium
ActiveNet: 24934



SPRING FUN CAFE!



DATES:

3/28/16-4/15/16

AGE: 18 and under

LUNCH: 12:30 pm

SNACK: 4:00 pm

All portions of the meal
must be eaten at the
designated area.

Adults are not allowed to
eat any portion of the
meal.



SATURDAY

March 26, 2016

starts promptly at:

11:00AM

with special guest:

PETER

COTTONTAIL!

age groups:

2 - 3 yrs old

4 - 5 yrs old

6 - 8 yrs old

9 - 12 yrs old

**Don't forget
your basket!**

SDRecCONNECT.COM

Online Registration

Register online for activities listed in this program, using the Online Activity Registration System. Log on at **www.SDRecConnect.com**.

Set up your account and browse classes now. Spring 2016 classes are now viewable and will become available for registration on Saturday, February 20, 2016 at 10:00 am unless otherwise noted in this program.

First Time Customers

Click on the "Create an Account" link. Follow the direction and fill in all the required fields and then click "Submit" or "Submit & Add Family Member". If you are registering a child, you must create your account first then add other family members. Check your email for a confirmation message with a one time activation link. It is possible this email will go to your "spam" folder, so please check carefully.

Returning Customers

Those who have previously registered for classes online, click the "Sign In" button. Enter your email address and password.

If you forgot your password, click the "Forgot your password?" link. Enter your email address and click "Submit". You should receive an email with a temporary password.

Registration Information

- Registration is on a first come, first served basis.
- Payment is required at the time of registration.
- We accept the following forms of payment: Cash (exact amount), check, and credit card.
- A Reduced Fee Waiver is available upon request. Candidates must meet income and residency requirements.
- Classes may be cancelled due to the lack of enrollment, instructor illness, weather conditions, or changes in operating hours.

Field and Building Permits

- A permit is required to reserve the picnic shelter, the athletic fields and courts, the meeting rooms, set up equipment, and large groups over 50 people.
- Permits are processed by appointment only.
- Please call the Recreation Center Director (858) 573-1343 to schedule an appointment for the following sites:

Linda Vista Community Park
Kelly Street Neighborhood Park
Carson Joint Use Field
Osler Field at Linda Vista

Linda Vista Recreation Center
Mission Heights Neighborhood Park
Silver Terrace Mini Park
Edward Tyler Cramer Park

Transaction Fee and Credit Card Fee

Effective September 8, 2015, all Customers will be charged a \$2.00 transaction fee for all registration and reservation transactions. Additionally, a 3% credit card fee will be applied when a credit card is used to process payment. Rates are established by the service provider and are nonrefundable.

Registration/Reservation Transaction and Credit Card Fees

A Transaction Fee and a Credit Card Fee is charged to customers who use credit cards (or other electronic payment mechanism) for registrations and reservations. Rates are established by the service provider and are nonrefundable. Current rates are listed below.

<u>Fee Description</u>	<u>Previous Fee</u>	<u>Approved Fee</u>
Transaction Fee	N/A	\$ 2.00/Transaction
Credit Card Fee	N/A	\$ 3% of Total Charges

Family Fun Fridays!

NEW!

1st Friday: GAME NIGHT!

Come on down and play your favorite board games with us!



INFO:

Time: 6:00 pm to 8:00 pm

Ages: 5 yrs old & up

Cost: FREE

Location: Auditorium

ActiveNet Code: 24935

2nd Friday: MOVIE NIGHT!

Watch a movie with your friends and family on our big screen all while enjoying some delicious snacks!

FAMILY FUN



INFO:

Time: 6:00 pm to 8:00 pm

Ages: 5 yrs old & up

Cost: FREE

Location: Auditorium

ActiveNet Code: 24940

3rd Friday: PARENTS NIGHT OUT!

If you need a night out with no kids, this is the perfect place to drop them off! They get to join in on dinner and engage in fun activities!



INFO:

Time: 6:00 pm to 9:00 pm

Ages: 5 to 13 years old

Cost: \$20.00

Location: Auditorium

ActiveNet Codes:

March-24828

April-24829

May-24830

4th Friday: SPORTS NIGHT!

Join different members of our community as they compete in some of our favorite sports!



INFO:

Time: 6:00 pm to 8:00 pm

Ages: 5 yrs old & up

Cost: FREE

Location: Multipurpose Field

ActiveNet Code: N/A

Linda Vista

BLAST Teen Center

The BLAST teen center is the new spot for teenagers (12 to 17 years old) to hang out after school in the neighborhood. We offer help with homework, play video games on a 50" flat screen, conduct daily activities, and offer programs that will keep you get engaged, active and provide experience on your resume! Programs range from team sports to photography and news reporting. We strive to provide something fun for everyone.

Come on in, you'll have a BLAST!

Staff	
Ira L. Patron	Recreation Center Director III
Alysandra Perez	Assistance Center Director
Kristopher J. LeCesne	Recreation Leader II
Vanessa Denogean	Recreation Leader I
Byron Blue	Recreation Leader I

Hours	
Monday	4:00– 8:00
Tuesday	4:00– 8:00
Wednesday	3:00– 7:00
Thursday	4:00– 8:00
Friday	5:00– 8:00

SOCCER

The soccer program is designed to develop and enhances players' fundamental skills in a friendly and team oriented environment. The program is for teens ages 12 to 16 years old, and teams are divided into age divisions. Qualified teams will get a chance to participate in the City Wide Tournament hosted by the S.P.O.R.T.S. Committee at the end of the season.

Days: TBD
Cost: \$10.00
ActiveNet Codes:
12U - 24880
14U - 24881
16U - 24882



NBA 2K16 LEAGUE

Participants will select a team and play in a weekly league to see who has the best skill in the neighborhood. The league play is reserved to the first 10 registered participants. Open play will be available for drop-in participants.



Day: Tuesdays
Open Play: 5:00-6:30
League Play: 6:30 pm to 8:00 pm
Age: 12 to 17 years old

Building Leaders and Supporting Teens

COOKING CLASS

The teen center cooking class will meet weekly and during the course of the month participants will learn how to cook and prepare all the components of a three course meal. The month will culminate in a dinner party where the participants can invite a family member or friend to a dinner prepared by the class.

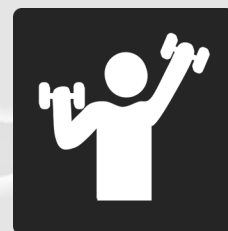


Day: Tuesday
Time: 4:00 pm to 6:30 pm
Age: 12 to 17 years old
Instructor: Staff
Location: Kitchen
ActiveNet Codes:
March **April** **May**
24816 24817 241818

STRENGTH AND CONDITIONING

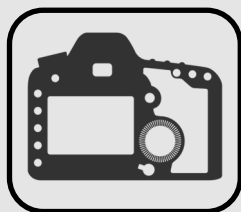
Linda Vista Teen Centers strength and conditioning program introduces instruction and practice in proper techniques of the development of muscular strength, endurance, and flexibility.

Day: Friday
Time: 5:00 pm to 6:00 pm
Age: 12 to 17 years old
Cost: Included in Teen Center
ActiveNet Code: 24956
\$10 Drop in fee



DIGITAL MEDIA JOURNALISM

Students will learn the art of reporting, photography, video production and marketing. The digital media team will be responsible for recording and editing video of LVRC events, managing teen center social media sites, and bringing awareness to the community of the current events at the recreation center through newsletters and engagements.



Community service hours for High School graduation available.

Day: Thursdays and Some Saturdays
Time: 4:00 pm to 5:00 pm
Age: 12 to 17 years old
Cost: Included in Teen Center Registration
ActiveNet Code: 24958

SPRING ELITE BASKETBALL

Participants can continue to develop their basketball skills against a tougher level of elite competition. Minimum of 8 registered participants. Days and practice time to be set by coach. 8 game guarantee.

Cost: \$80.00
Age division:
14U/8th Grade
16u/10th Grade
ActiveNet Codes:
14U - 24966
16U - 24967



Arts and Crafts

MAKE IT, TAKE IT



Explore your creative side in this fun and interactive class. Whether painting, gluing, building, molding, or stitching, they will use their hands to create art that is unique and meaningful to them.

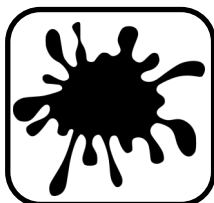
ActiveNet Code: **March** 24811
 April 24812
 May 24813

Day: Wednesday
Time: 2:00 pm to 3:30 pm
Age: 5 to 11 years old
Cost: FREE
Instructor: Staff
Location: Craft Room

ART with VANESSA!

Through step-by-step methods, participants will explore a wide array of drawing and painting mediums such as graphite, charcoal, pen and ink, pastels, watercolors, acrylics, and more. Once participants are proficient in their drawing skills, they will progress into the exploration of painting mediums. They will receive extensive instruction in the use different painting mediums including color mixing, and painting techniques all while also being taught the proper use of materials.

ActiveNet Code: 24814
Day: Monday
Time: 6:30 to 8:00pm
Age: 5 to 10 years old
Cost: \$10.00
Instructor: Vanessa
Location: Craft Room



Book Nook!



BookNook is a "take a book, leave a book" gathering place where you can share your favorite literature and stories. If you really like a book, you can keep it and then donate a different book to share. If you are looking for something new to read, the BookNook

is the perfect place for children and adults. No Library Card required...Let's read!

The BookNook is located inside the Arts and Crafts Room. The BookNook is open during normal hours of operation except during scheduled activities.

Cooking Class

KIDS IN THE KITCHEN

Participants will help in the preparation, cooking, and eating of some of their favorite dishes, as well as trying something new. Classes are conducted in a fun and relaxed environment where students will build confidence and courage to explore their creativity in the kitchen. They will also help with washing the dishes and cleaning the kitchen.

ActiveNet Code: **March** 24816
 April 24817
 May 241818

Day: Tuesday
Time: 5:00 pm to 6:30 pm
Age: 5 to 17 years old
Cost: \$8.00 per month
Instructor: Staff
Location: Kitchen



BLAST participants should register in person.

**All City of San Diego Parks and
 Beaches are SMOKE FREE**



Homework Help

This program is designed to provide a safe and inviting place for participants to receive help with their homework. To better meet the needs of participants, these classes are limited to five participants per age group.



ActiveNet Code: 24819
Days: Monday thru Friday
Time: 4:00 pm to 5:00 pm
Age: 5 to 13 years old
Cost: FREE
Instructor: Staff
Location: Craft Room

Martial Arts Programs

BACH VAN KUNG FU

An extremely disciplined, powerful martial art where strength is build in low stances and powerful blocks. Students will learn self defense, judo, and various other techniques.

ActiveNet Code: 24820
Day: Saturday
Time: 1:00 pm to 4:00 pm
Age: 8 years old & up
Cost: Free
Instructor: Master Hai Nguyen
Location: Gymnasium



Martial Arts Programs

INTEGRAL TAI CHI

The Ten-Forms of Integral Tai Chi is a series of exercises, relaxation techniques, and meditation. It combines yoga, Tai Chi, Qi Gong, and meditation into one holistic system that integrates body, mind, and spirit. The forms when combined are means to integrate the body, mind, and spirit.



The meetings are divided into three parts: 1) Warm up movement, 2) Ten-Forms of Integral Tai Chi, 3) Light yoga and meditation.

ActiveNet Code:	Day	Time
24821	Sunday	10:00 am to 12:00 pm
	Monday	7:00 pm to 9:15 pm
24825	Tuesday	6:00 pm to 8:00 pm
24821	Saturday	10:00 am to 12:30 pm

Age: 18 years old & up

Cost: Free

Instructor: Compassionate Service Society

Location: Auditorium/Meeting Room 1

VOVINAM-VIET VO DAO

This program is designed to help build individuals through the instruction and discipline of the Vietnamese Martial Arts. This program offers three levels of instructions: Beginner, Intermediate, and Advance.



ActiveNet Code:	Day	Time
	Monday,	6:00 pm
24826	Wednesday,	to
	Friday	8:00 pm
24827	Sunday	2:00 pm to 4:00 pm

Age: 7 years and older

Cost: Free

Instructor: Tam Nguyen

Location: Auditorium/Outdoors

Open Play

	Day	Times
Badminton	Saturday	10:00 am to 12:30 pm
Basketball	Sunday	9:00 am to 2:45 pm
	Tuesday	11:30 am to 6:00 pm
	Wednesday	11:30 am to 6:00 pm
	Thursday	11:30 am to 6:00 pm
	Friday	11:30 am to 6:00 pm
Volleyball	Monday	6:30 pm to 9:15 pm

Times subject to change without notice. Please call the recreation center for current open play schedule.

Piano***

This one on one class emphasizes keyboard techniques and the sight reading. They will also learn basic hand positions, fingering patterns, and advanced keyboard techniques.

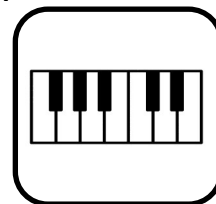
All students must register in person

Day: Saturday

Age: 7 years old & up

Instructor: Chinh Tran

Location: Craft Room



***Credit will not be given for missed classes.**

ActiveNet Codes

	March (4 classes)	April (5 classes)	May (4 classes)
Monthly Fee	\$40.00	\$50.00	\$40.00
11:20 am	24831	24845	24859
11:40 am	24832	24846	24860
12:00 pm	24833	24847	24861
12:20 pm	24834	24848	24862
12:40 pm	24835	24849	24863
1:00 pm	24836	24850	24864
1:20 pm	24837	24851	24865
1:40 pm	24838	24852	24866
2:00 pm	24839	24853	24867
2:20 pm	24840	24854	24868
2:40 pm	24841	24855	24869
3:00 pm	24842	24856	24870
3:20 pm	24843	24857	24871
3:40 pm	24844	24858	24872

Shoe Drive

CELEBRATE THE FAMILY SHOE DRIVE

We are in need of your gentle, used shoes without holes, to help us reach our goal of 2,000 pairs. EVERY PAIR COUNTS! Stop by the recreation center and drop off your shoes in the container located in the auditorium or give them to a staff.

We need 80 bags of 25 pairs of shoes.

All proceeds benefit the youth programs at Linda Vista!



S.P.O.R.T.S. Committee Programs



The City of San Diego Park and Recreation Department is committed to providing a safe, fun, and skill-developing Youth Sports Program for children. The Youth Sports Programs encourage good sportsmanship, develop playing skills, and promote friendly relationships among the players, coaches, officials, staff, and parents. The programs are designed to foster the development of leadership, sportsmanship, and teamwork, while offering and enhancing the learning opportunities and experience for all participants through training and games participation. The City of San Diego Park and Recreation Department believes in "Everyone Plays" philosophy and highly encourages fair play through draft processes.

SOCCER-REGISTRATION

The youth soccer program is designed to develop and enhance players' fundamental skills on footwork, juggling, passing, trapping and shooting in a friendly and team oriented environment. The program is for children 5 to 16 years old, and teams are divided into age divisions. Qualified teams will get a chance to participate in the City Wide tournament hosted by S.P.O.R.T.S. Committee at the end of the season.

The coaches will set practice days and times. Parents will be contacted at least a week prior to the first practice.

ActiveNet Codes:

5 to 7 years old	24883
8 to 10 years old	24879
12U	24880
14U	24881
16U	24882



Day: TBD
Age: 5 to 16 years old
Cost: \$10.00
Coach: Staff
Location: Multipurpose Field

*If you had pre-registered for soccer, staff will transfer your child to the appropriate age division.

T-BALL & SOFTBALL PRE-REGISTRATION

At this time, we are pre-registering participants for our Summer T-Ball and softball teams. Parents and players will be notified at least a week prior to the first practice day.

ActiveNet Code:	T-Ball	Softball
	24884	24971

Age: 5 to 16 years old
Cost: \$10.00

Table Tennis

This program is for players to come and enjoy both recreational and competitive play. Participants must bring their own table tennis paddle and balls.

ActiveNet Code: 24873

Day:	Sunday	Thursday	Saturday
Time:	12:00 to 2:00	6:00 to 8:00	12:30 to 4:00
Age:	Adults		
Cost:	Free		
Instructor:	Luong Nguyen		
Location:	Auditorium		



***Times subject to change due to rentals and center programming.**

Tennis***

Alex Nguyen Tennis offers a variety of classes for all age levels. Each class will follow a special six week curriculum. The final week of each Junior aged class will be dedicated to testing. Each student is expected to bring the following: Tennis racket, form of hydration, tennis shoe/attire.

Session I: March 1 to April 11
Session II: April 12 to May 23
Coach: Alex Nguyen
Location: Tennis Courts 1 & 2
Website: www.alexnguyentennis.com



Youth Fundamentals (5-7 yrs old)	Session I	Session II
Friday 4:30 pm to 5:30 pm \$75.00	24794	18739
Beginning Jr. A (8-12 yrs old)	Session I	Session II
Monday & Wednesday 4:30 pm to 5:30 pm \$150.00	24795	24806
Beginning Jr. B (13-17 yrs old)	Session I	Session II
Monday & Wednesday 3:30 pm to 4:30 pm FREE	24796	24807
Intermediate Jr. A (8-12 yrs old)	Session I	Session II
Tuesday & Thursday 5:00 pm to 6:30 pm \$225.00	24797	24808
Intermediate Jr. B (13-17 yrs old)	Session I	Session II
Tuesday & Thursday 3:30 pm to 5:00 pm \$225.00	24798	24809
Elite (12-17 yrs old)	Session I	Session II
Monday, Wednesday & Friday 5:30 pm to 7:30 pm \$450.00	24799	24810

Tennis***

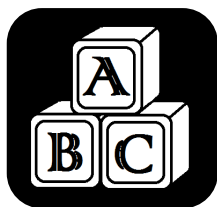
Adult Beginner (18 and up)	Session I	Session II
Monday & Wednesday 11:00 am to 12:30 pm \$225.00	24793	24802
Adult Social (18 and up)	Session I	Session II
Tuesday & Thursday 11:00 am to 12:30 pm \$225.00	24800	24803
Adult Technical (18 and up)	Session I	Session II
Tuesday & Thursday 6:30 pm to 8:00 pm \$225.00	24801	24804

Tiny Tots

LIL' MONSTARZ LEARNING

This class will provide toddlers an environment that will encourage their curiosity, expand their interests, and help them recognize all their potential. We will work on socializing, language and developing fine motor skills essential to their growth. Activities include storytelling, music, arts and crafts, and outdoor play. Children must be toilet trained and should bring a sack lunch and an afternoon snack each day.

ActiveNet Code: **March** **April** **May**
 24876 24877 24878
Day: Monday, Wednesday & Friday
Time: 11:30 am to 2:00 pm
Age: 3 to 5 years old
Cost: \$50.00 per month
Enrollment: 5 students minimum
Instructor: Staff
Location: Meeting Room 1



Theatre

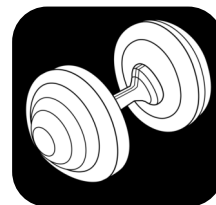
This is a challenging theatre arts program for aspiring performers. Performers will build self-esteem and leadership skills as they work together in preparation for their 2016 Summer Show-Monster's Inc.

ActiveNet Code: 24815
Day: Tuesday & Thursday
Time: 5:00 pm to 6:00 pm
Age: 5 to 12 years old
Cost: \$20.00 per play
Enrollment: 5 students minimum
Instructor: Vanessa
Location: Auditorium



Weight Room

Participants will have access to free weights, a step machine, and an exercise bike. Participants must bring their own towel, must wear a shirt, and closed toe shoe. The room is open during the center's hours of operation, unless otherwise posted. The room closes 15 minutes before the center closes.



ActiveNet Code: 24874
Age: 16 years old & up
Cost: FREE
Location: Weight Room

Yoga

EMPOWER YOURSELF THROUGH YOGA

As with any physical exercise, please consult with your medical professional to ensure you are able to sit, stand, and lay down for minutes at a time.

This is a gentle Hatha Yoga class designed for all levels of experience. The participants work on balance, body alignment, flexibility, and overall strengthening the body and mind through meditation, yoga poses, and cool down period. Participants should wear comfortable, loose clothing with no buttons, zippers, or snaps. Shoes will not be worn during class and participants may need to remove their socks for safety and proper alignment. These classes are open to participants 16 years and older.

ActiveNet Code: 24875
Day: Wednesday
Time: 6:00 pm to 7:30 pm
Age: 16 years old & up
Cost: FREE
Instructor: Nancy Martinez
Location: Meeting Room 1



Parks Fit San Diego 2016

Challenge: Walk, Run, Roll or Swim 30 miles between June 18 and August 13

Reward: Get fit, stay healthy & receive a Parks Fit SD t-shirt!



Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit SD t-shirt!

Kickoff Event - 1 mile Fun Run & Market in the Park

Saturday, June 18, 2016 at 8:00am

Morley Field, 2221 Morley Field Dr., San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 13, 2016 at 7:30am

NTC Park, 2455 Cushing Rd, San Diego 92106

For more information: www.sandiego.gov/park-and-recreation

Proudly Presented by:



Official financial partner of the City of San Diego

Be a part of the Linda Vista Parks Fit San Diego team! Register online, **ActiveNet Code 24970**, or in person. If you register online, please stop by the recreation center to pick up the tracking forms.

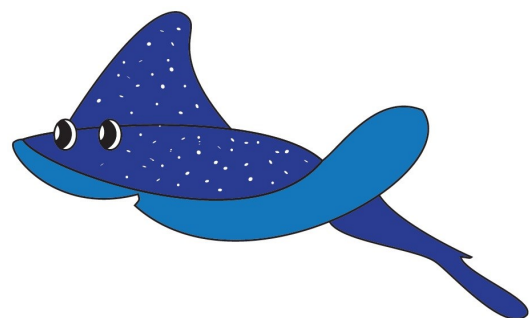
LINDA VISTA RECREATION CENTER

PORTABLE POOL SCHEDULE 2016

This exciting program provides swimming skills, promotes water safety and encourages youth to consider future careers as lifeguards. Lessons are taught by Park & Recreation Pool Guards who are certified Red Cross Water Safety Instructors.

Registration

- Registration begins July 11 at 10:00 am.
ActiveNet Codes will be available in the Summer Program.
- Schedules are subject to change or cancellation.
- FREE
- Participants may register for all 3 session online at SDRecConnect.com or at the Recreation Center.



	Aug. 1 - Aug. 5 Session I	Aug. 8 - Aug. 12 Session II	Aug. 15 - Aug. 19 Session III
11:00 – 11:30	6 + years old	6 + years old	6 + years old
11:30 – 12:00	3 - 5 years old	3 - 5 years old	3 - 5 years old
12:00 – 12:30	6 + years old	6 + years old	6 + years old
12:30 – 1:00	6 + years old	6 + years old	6 + years old
1:00 – 1:30	3 - 5 years old	3 - 5 years old	3 - 5 years old
2:00 – 2:30	3 - 5 years old	6 + years old	6 + years old
2:30 – 3:00	6 + years old	3 - 5 years old	3 - 5 years old
3:00 – 3:30	3 - 5 years old	3 - 5 years old	3 - 5 years old
3:30 – 4:00	6 + years old	6 + years old	6 + years old
4:00 – 4:30	3 - 5 years old	6 + years old	6 + years old
4:30 – 5:00	6 + years old	6 + years old	6 + years old

This Portable Pool is sponsored by the
City of San Diego Park & Recreation Department Aquatics District and
generously provided by the Office of District 7 Councilmember Scott Sherman

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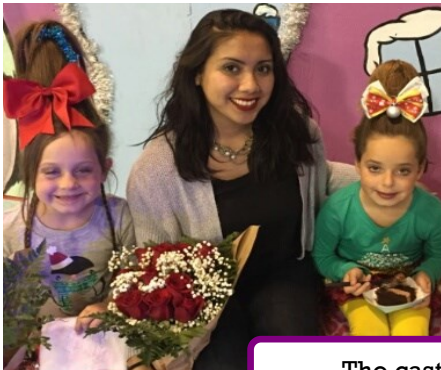
Spirit Squad



12U City Wide Champs



10U City Wide Champs



The cast of Dr. Seuss' "How the Grinch Stole Christmas!"



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